Ab Curl Bench

Assembly Instructions

LifeFitness

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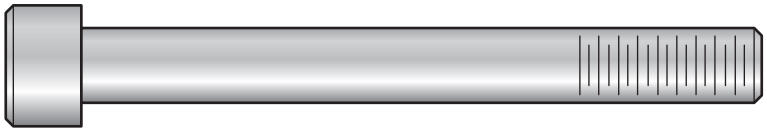
Item	Qty	Description	Part Number
1	1	Front Leg	80144XX
2	1	Rear Leg	80144XX
3	1	Seat Frame	80393XX
4	4	M10 x 90mm Bolt	3251715
5	17	3/8" Flat Washer	3102514
6	4	M10 Nylock Nut	3242002
7	1	Foot Rest Shaft	80145XX
8	1	M10 x 45mm Bolt	3251706
9	1	End Cap	7800501
10	2	Foot Grip	7800101
11	4	M10 x 25mm Bolt	3251702
12	1	Seat Pad	72972XX
13	1	Back Pad	74741XX
14	1	Head Pad	74743XX
15	4	M10 x 35mm Bolt	3251704
16	4	Foot Leveler Shim	7893101
17	8	1" Hole Plug	3237403

Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension

4)



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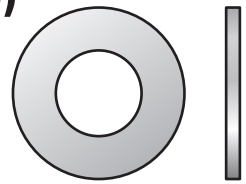

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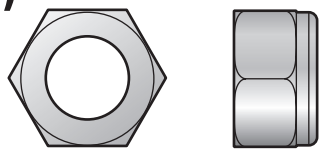

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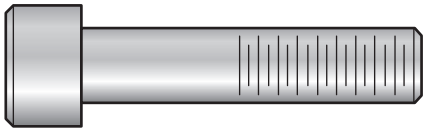

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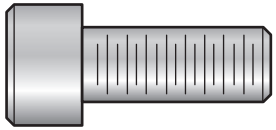

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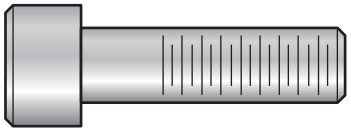

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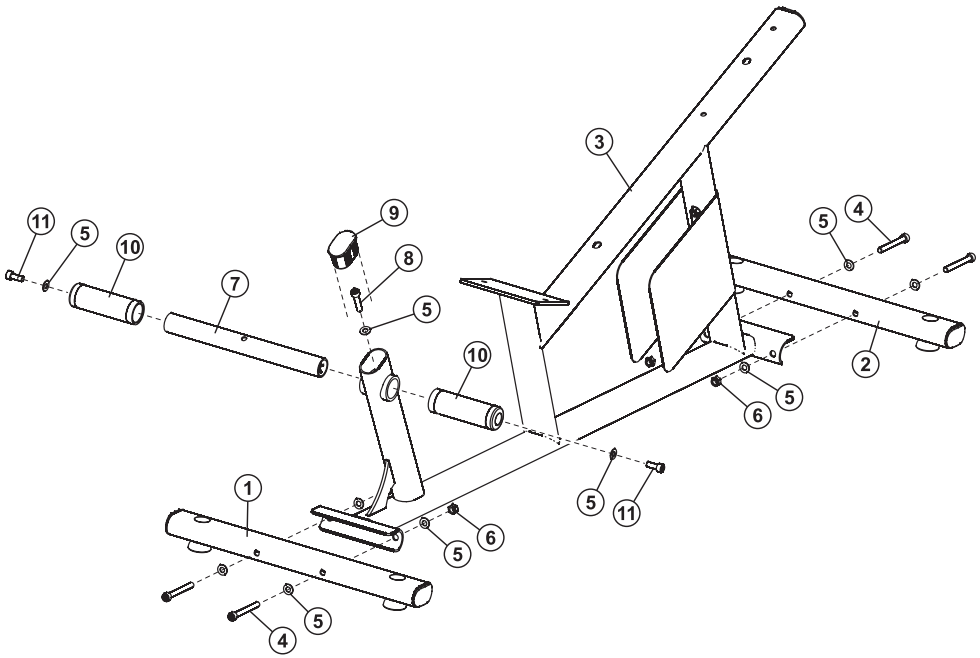
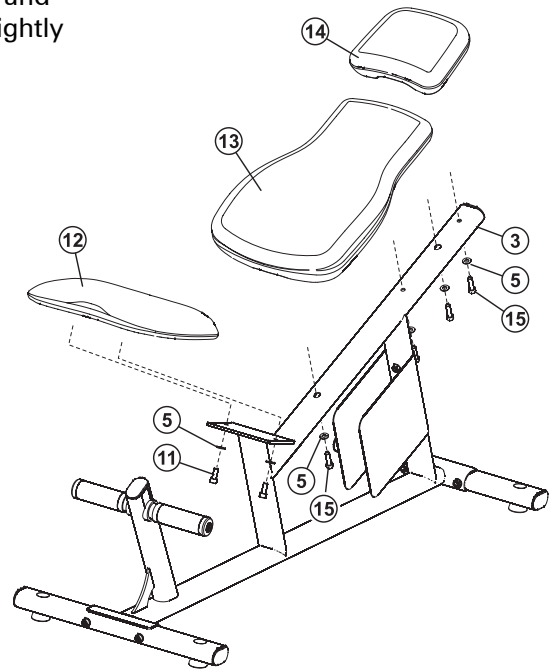
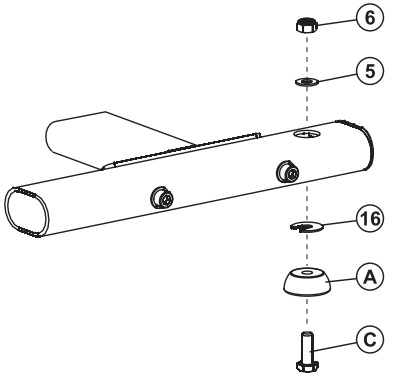
1. Assemble the FRONT LEG (1) and REAR LEG (2) to the SEAT FRAME (3) using four M10 X 90mm BOLTS (4), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown. Tighten the BOLTS and NUTS securely.
2. Assemble the FOOT REST SHAFT (7) to the SEAT FRAME (3) using one M10 X 45mm BOLTS (8) and one 3/8" SAE WASHERS (5) as shown. Insert the END CAP (9) as shown.
3. Assemble the FOOT GRIPS (10) to the FOOT REST SHAFT (7) using two M10 X 25mm BOLTS (11) and two 3/8" SAE WASHERS (5) as shown.
4. Assemble the SEAT PAD (12) to the SEAT FRAME (3) using two M10 X 25mm BOLTS (11) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.
5. Assemble the BACK PAD (13) and HEAD PAD (14) to the SEAT FRAME (3) as shown using four M10 X 35mm BOLTS (15) and four 3/8" SAE WASHERS (5). Tighten the BOLTS securely.
6. Place the unit in the inteded place for use and check stability. If the unit is not stable, the FEET (A) can be adjusted by inserting or removing supplied SHIMS (B).

   To add or remove SHIMS, loosen the LEVELING FOOT BOLT (C) and NUT (6) until the desired SHIM(S) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not over-tighten the BOLTS.

7. Install HOLE PLUGS in all open bolt holes.







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